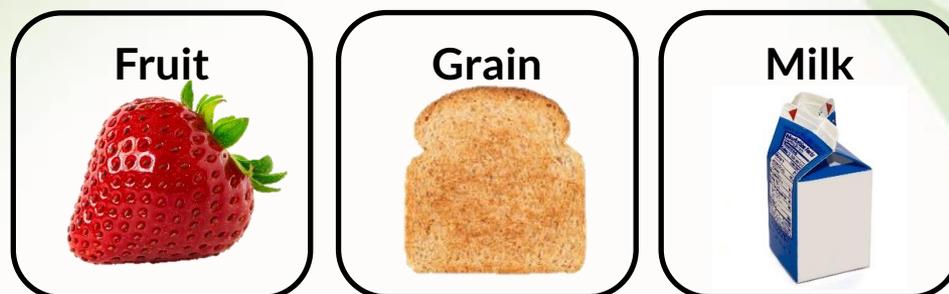


The 3 Food Components for Breakfast



**Choose at least 3 items
(including ½ cup fruit and/or vegetable)**

For a nutritious meal, choose all!